

Crustless Spinach Pie

Makes: 6 Servings

Ingredients

vegetable cooking spray

10 ounces Spinach, chopped (fresh or frozen)

3 eggs

1 cup flour

1 cup milk, low-fat

1/8 teaspoon garlic powder

1 teaspoon baking powder

3 cups cheddar cheese, shredded (low fat)

Directions

1. Preheat oven to 350°F.
2. Spray 9"x13" baking pan with cooking spray.
3. Wash and drain the spinach. Chop the spinach. If frozen spinach is used, thaw and drain.
4. Beat eggs well with fork. Mix in the flour, milk, garlic powder and baking powder.
5. Stir in cheese and spinach. Pour mixture into the pan.
6. Bake for 35 minutes or until lightly browned.
7. Enjoy!

Notes

Serving Size: 1/6 of a 9" x 13" pan